|  |  |  |  |
| --- | --- | --- | --- |
| Rating | Looks like | Feels like | I can try to |
| 3 |  | I’m angry | Take a 3 minute break and rejoin the group |
| 2 |  | I’m annoyed | Take 5 deep breaths and count to 10 |
| 1 |  | I’m calm | Keep going !  I’m doing great! |